

TEXAS TOMAHAWKS LACROSSE

Welcome! We look forward to a great season together. Below is some information for both new and returning players.

Our Vision is a thriving youth lacrosse program that affords each player the opportunity to discover, learn, participate in, enjoy and ultimately embrace a passion for lacrosse.

Our Mission is to be a lacrosse center of excellence within the Northwest Austin community that provides a high-quality educational experience to every athlete. A high-quality experience is one in which every player:

- Has fun playing the game
- Learns “life lessons” that have value beyond the playing field
- Feels he or she is an important part of the team regardless of performance
- Develops and learns as an athlete with a deepening understanding of the skills, tactics and strategies of the game
- Has the opportunity to reach their highest level of potential

Our Core Beliefs

- Coaching Excellence
- Character Development
- Continuous Improvement
- Cost Effectiveness
- Customer Service
- Clear Communication

Coaching Goals

To create a culture of INCLUSIVITY, attracting new players and old, while fostering a COMPETITIVE environment and encouraging a perpetual pursuit to LEARN.

High School Partnerships

Our program is built around a mutually beneficial partnership with McNeil and Westwood’s High School Lacrosse Clubs. Our objective is to be a strong high school feeder program. Our program is actively supported and advised by high school coaches, players, parents and key members of the lacrosse community.

Tomahawks Board of Directors

- Program Director - Chris Tomaselli
- President - Sean Wyrick
- VP - Lesley Guthrie
- Treasurer - Les Hixson
- VP of Fundraising - Rowena Ochoa
- Deputy Fundraising - Sasha McDonald
- VP Special Events - Jodi Shores
- VP Web/IT - David Rohacek
- Westwood Coaching Director - Dave Lapin
- Westwood VP of Feeder Schools - Hoyt Hill
- Westwood Deputy of Feeder Schools - Cathi Allebe
- McNeil Coaching Director - Scott Aubin
- McNeil VP of Feeder Schools - **Need Volunteer**

Required Equipment

Lacrosse Stick – Brand: personal preference Color: any

Helmet – Suggested brand: Cascade Suggested color: white

Chin Strap – Must fit the helmet

Mouthpiece – Brand: personal preference Color: any (cannot be clear)

Shoulder Pads – Brand: personal preference

Elbow pads – Brand: personal preference (Goalies are not required to purchase)

Gloves – Brand: personal preference

Cup, Supporter – Brand: personal preference

Shoes, Cleats – Non-metal Suggested brand: personal preference

Where to find equipment:

Lacrosse Unlimited

6203 North Capital of Texas Highway

Phone: (512) 732-0002

Lacrosse Unlimited has the most knowledgeable staff and they offer a discount starter package for new players (everything but a cup and mouthpiece). Dick's, Academy and online vendors are also options.

Rules

The Tomahawks Program is a member of the Central Texas Youth Lacrosse Association (CTYLA). The CTYLA follows a combination of NCAA rules and alterations made by the member teams to make the game more suitable to our age group. The complete rules can be found at <http://ctyll.usl.la/>. The CTYLA Season runs for eight weekends from February 24th to May 6th (no games over spring break or Easter

weekend)

Field Sizes: Full Field (Junior & Senior) Short Field (Bantam & Lightning)

- Bantam Rules (1st/2nd): 5v5 on a Small Field. No body checks. 4 Faceoffs.
- Lightning Rules (3rd/4th): 7v7 (including goalies) on a small field. No body checks. 4 Faceoffs.
- Junior (5th/6th) & Senior (7th/8th) Rules: 10v10 (including goalies) on full field. Strict interpretation of the rules. Classic NCAA style of play.

Frequently Asked Questions

What time of the year is lacrosse played? Lacrosse is a spring sport. Austin area leagues run from February to May. There are other clinics, camps and select teams that run during the summer and fall. Please check our web site for off-season lacrosse events.

Why is there a difference in registration fees between age groups? Cost is based upon a number of variables, including: field time, coaches, referees, uniforms, pictures, league fees, equipment and insurance. Some of the younger age groups (e.g. 1st and 2nd graders) do not have paid coaches or full uniforms so the absence of these costs generally lowers the registration fees for the younger ages.

What is included in the registration cost? Registration fees cover cost associated with: field rental, coaches, uniforms, equipment, pictures, league fees, referees, insurance and marketing (e.g. web-site). Texas Tomahawk Lacrosse also provides training for coaches and background checks for all coaches/volunteers. Please note that players keep their uniforms at the end of the season. Any extra money is used to upgrade equipment and facilities for lacrosse.

How many players per team? Bantam/Lightning levels play on a miniature field (60 yards long x 35 yards wide). Bantam teams play 5v5 and Lightning plays 7v7 including goalies. Bantam teams are typically 12-15 players and Lightning are typically 14-18 players. Junior/Senior levels play full field lacrosse (110 yards long x 60 yards wide) with 10v10 including goalies, defensemen, attack, and midfield. Teams are typically 18-24 players.

How are players allocated? Central Texas Youth Lacrosse Association allocates players to each division by school grade. There are four age groups, and 2 to 3 divisions therein. Bantam Grades 1 and 2- Divisions are based on the predominant grade of the team (1st or 2nd) Lightning Grades 3 and 4- Divisions are based on the predominant grade of the team (3rd or 4th) Junior Grades 5 and 6- Division 1 (Highly

competitive), Division 2 (Average level), Division 3 (Developmental) Senior Grades 7 and 8- Division 1 (Highly competitive), Division 2 (Average level), Division 3 (Developmental)

Are there volunteer opportunities? Absolutely! Texas Tomahawk Lacrosse is a volunteer-led organization so there are several ways you can help the team. Positions such as Assistant Coach, Team Parent, Timekeeper, Score Keeper and Stats Keeper are explained in the “Volunteers Corner.” We are also always looking for parents or guardians willing to serve on our board.

Are there geographic limitations for players? Yes. CTYLA Rules dictate that players must either be zoned or plan to attend our feeder High Schools (McNeil & Westwood), however, sometimes waivers are available to play for the Tomahawks if requested.

When and where are practices held? All teams will practice at the Town and Country fields two weeknights per week on lighted fields. Bantam and Lightning typically practice on Field 1. Junior and Senior practice on Field 2. Our highest skilled Senior team will have an additional practice during the week. Practice is typically held from 6-8pm. Younger age groups (e.g. 1st – 2nd) usually practice from 5:30-7pm. The nights that practices are held will ultimately be up to the head coach. If a player’s schedule regularly conflicts with the coach, we will consider reassigning the player to a different team.

When and where are games played? Games are played on Saturday and Sunday afternoons and some weeknights. CTYLA will provide the game schedules by mid-February once all programs have turned in their rosters. Games are scheduled in geographic pods to limit the amount of travel for away games. There are four home games and four away games. Each game takes approximately 90 minutes to play – not include pre-game warm-up time.

Tomahawks Points of Contact

Program Director - Chris Tomaselli: 508-294-1972, chris.tomaselli22@gmail.com

President - Sean Wyrick: 512-954-5540, sean.wyrick@gmail.com

Senior Coach - Mike Galvin: mikegalvinlax@gmail.com

Volunteer coach - Scott Aubin: 512-771-5584, scott@teamaubinlacrosse.com

Volunteer coach - Dave Lapin: 512-297-3991, lapin@sprynet.com

Volunteer coach - Tony Ledvina: 512-569-8857, blulaundryrentals@gmail.com

Volunteer coach - Jim Stanley: 512-784-2641, jfstanley1977@gmail.com

Junior Head Coach - James Reis: 512-733-4680, jamesmichael4680@gmail.com

Lightning/Bantam volunteer coach - Les Hixson, 512-773-8933, les.hixson@gmail.com
Lightning/Bantam volunteer coach - Tom Eaton: eatontte@gmail.com

Off-season and training options:

We will offer wall-ball and shoe-mosh all summer long. Stay tuned for details.

Austin Elite - Justin Becker Select Travel Teams www.atxlax.com

Iron Horse - www.ironhorselax.com

Private lessons - contact Coach Tomaselli for referrals to specialized trainers

Communications

We use SportsEngine to manage all of our teams and events on our website. Visit <https://www.texastomahawks.com/> for information about your team, or visit the calendar to download an iCal file to add to your personal calendar. We use the SportsEngine mobile app which is available for iOS and Android devices and is available through the Apple App Store and on Google Play. The app allows for communication with other parents, the coach, RSVP to games or practices, upload photos and videos, and more.

To install the app on iPhone Devices: 1. On your device, open the App Store. 2. Search for SportsEngine. 3. Select the Get button to begin installing the app. 4. Open the app on your device. 5. On the Settings tab, select "Account" and "Sign In" to log into your SportsEngine account.

For Android Devices To install the SportsEngine app on your Android device, do the following: 1. On your device, open Google Play. 2. Search for SportsEngine. 3. Select the Get button to begin installing the app. 4. Open the app on your device. 5. On the Settings tab, select Account and select the Sign In button to sign into your SportsEngine account. You should already be rostered on to your team and therefore the team should come up on the initial "Teams" screen. If you have any questions concerning the app, please contact me at chris.tomaselli22@gmail.com. For full instructions on using the website or the app, visit <https://goo.gl/7r8F3i>.